

**WHAT IS CLAIMED IS:**

1. A method for inhibiting the calcium cascade comprising administering to an animal in need thereof an effective amount of a metal ion that blocks the calcium cascade.
2. The method according to claim 1 wherein the metal ions are selected from the group consisting of zinc, copper, magnesium, manganese, iron, and aluminum, and mixtures thereof.
3. The method according to claim 1 wherein the animal is suffering from an autoimmune disease which causes secretions and eruptions via the Calcium cascade.
4. The method according to claim 1 wherein the animal is suffering from rhinitis.
5. The method according to claim 1 wherein the animal is suffering from a herpes virus infection.
6. The method according to claim 1 wherein the metal ions are administered through the mouth to the nasal cavity.
7. The method according to claim 6 wherein the metal ions are in a composition which has a pH of about 4.8 so that the metal ions are delivered across the mucous membranes of the mouth into the nasal cavity.
8. The method according to claim 7 wherein the

composition contains an amino acid as a buffer.

9. The method according to claim 8 wherein the amino acid is glycine.

10. The method according to claim 9 wherein the metal ion is zinc.

11. The method according to claim 10 wherein the metal ions are copper and zinc.